



McConnell Center Fitness Areas

If you haven't seen our new space at the McConnell Center, you should come down and check us out! We have a dance/aerobics studio, a cardiovascular workout room, a fitness room complete with medicine balls and core/stability balls, a room with a Cybex circuit, and a room with free weight equipment. We have daily fees, punch passes, and yearly memberships available to help meet your fitness needs!

As of June 1st: Summer Hours (Fitness facilities):

Monday through Thursday: 7am-8pm

Fridays: 7am-5pm

Saturdays & Sundays: 9am-1pm

Check at our front desk for updated schedules or call (603) 516-6401!

We also have a **basketball court** with open gym times! Gym times change frequently so please call for availability! See you on the court!

Summer Open Gym Times (Basketball Court):

Youth Open Gym: Monday - Friday 2-5pm

Adult Open Gym: Mondays - Fridays 11am - 1pm

Men's Open Gym: Mondays 6-8pm

Women's Open Gym: Tuesdays 6-8pm

Subject to change - please call 516-6401 for availability!!!



McConnell Fitness Center & Basketball Court Rates - as of JULY 1, 2012

RESIDENT	Daily	3-Month Membership	6-Month Membership	Yearly Membership
Adult	\$5.00	\$40.00	\$70.00	\$120.00
Senior	\$3.00	\$25.00	\$40.00	\$65.00
Youth	\$3.00	\$25.00	\$40.00	\$65.00
NON-RESIDENT				
Adult	\$7.00	\$50.00	\$80.00	\$150.00
Senior	\$4.00	\$35.00	\$50.00	\$80.00
Youth	\$4.00	\$35.00	\$50.00	\$80.00

Adult Fitness Classes! Interval Toning/Yoga/ Zumba®

We offer adult fitness classes throughout the week!

Session dates and costs can be found online at www.dover.nh.gov under "Recreation Department" or call 516-6401 for more information!.